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BRING LUNCH TO LIFE WITH AN UPDATED CLASSIC PAGE 22

Girl's birth stuns couple

Nanaimo woman says she had no idea she was pregnant PAGE 5

Ceasefire fails to end violence

Clashes reignite in Ukraine after two days PAGE 7

A woman takes a photo as Nathan Gowsell stands between graffiti artists and twin brothers OSGEMEOS — Gustavo and Otavio Pandolfo — who officially unveiled their Giants mural at the Ocean Concrete factory at Granville Island Sunday. STEFANIA SECCIA/FOR METRO

Unveiled: Granville Island Giants

Mural. Graffiti artists OSGEMEOS celebrate introduction of giant public artwork with fans

Julia Begley was an artist in need of inspiration, so she went to the one place she thought could help — the six giant silos at a concrete factory on Granville Island.

After three weeks of hard work, OSGEMEOS — famous Brazilian graffiti artists and twin brothers Gustavo and Otavio Pandolfo — unveiled their Giants mural that transformed six concrete silos at Ocean Concrete into a colourful piece of public art.

"I've been watching it take shape and I was just telling (OSGEMEOS) how it made me imagine them rise to their feet," Begley said, after getting the brothers' autographs in her small black sketchbook. "It was ugly before and I think it's awesome. The more we can paint on stuff the better. More of it, please."

Hundreds of people came and went during the factory's open house to get a closer look at the giants. That included Nathan Gowsell, who had seen the brothers' graffiti up close before, but across the ocean in Tokyo.

"It's cool to see these things, following them on the Internet and then seeing it come to your city. It's a good sign for the city and hopefully there will be more to come," he added.

About 1,400 spray-paint cans were used for the artists' largest-ever mural, their lone project in Canada and the only 360-degree piece they've ever attempted. It was done as part of the Vancouver Biennale, a non-profit event that promotes public art.

"The world is watching this," said Miriam Blume, Biennale's director of marketing. "It's part of the global archive of art now that helps make Vancouver really special."

Blume said the project really took two years to do — between finding the curators, the right artists, going through proposals, finding a site and then finally obtaining approval.

"It's quite the process, so today is very much a celebration for us, a celebration for the artists and hopefully a celebration for the whole city," she noted.

The Pandolfo brothers also came out to the event to take photos with fans and sign autographs. After this, they're heading back to their home in Brazil for a short break.

"They have a huge following internationally," Blume said. "Half of the donors on our crowd-sourcing campaign are from outside of Canada."

This marked the first time the Biennale has used crowdfunding for a project. As of Sunday morning, donations were shy of the $60,000 mark.

OSGEMEOS donated their time, but Biennale needs to cover the project's $125,000 cost, according to Blume.

To donate, go to indiegogo.com and search for OSGEMEOS.

STEFANIA SECCIA/FOR METRO

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1
DOWNTOWN TODAY?
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2
FOR CHOCOLATE LOVERS
Vancouver's Mink Chocolate (there's also a location in Surrey) won gold for their Mermaid's Choice chocolate bar at the International Chocolate Salon in San Francisco.

3
14 MORE YEARS OF ROB FORD?
Rob Ford vowed he will be mayor of Toronto for 14 more years. Voters will decide on Oct. 27 whether he'll even get another four.

4
BACHELOR SURPRISE
Host Chris Harrison gives the remaining bachelors and bachelorettes a shocking ultimatum on the season finale of Bachelor in Paradise tonight on City.

5
ALLIANCE WITH HAMAS
The president of the Palestinian unity government has threatened to dissolve his alliance with Hamas if the group does not give up the Gaza Strip.

B.C. says ruling at heart of teachers' dispute wrong

Upcoming appeal.
Province wants to be free to pass legislation on issues such as class structure

A court ruling at the centre of B.C.'s protracted teachers' strike, which has delayed the school year for half a million students, robs the government of its ability to set education policy, the province argues in documents related to an upcoming appeal.

The provincial government also denies a judge's conclusion that it provoked a strike during the previous round of bargaining — a finding that has only worsened the already caustic relationship between teachers and the province.

A B.C. Supreme Court judge has twice ruled the province violated teachers' charter rights when it passed legislation in 2002 that removed hundreds of clauses related to class size and class composition from their collective agreement and prohibited those issues from being bargained in the future. The rulings retroactively restored the deleted clauses.

The most recent court decision was issued this past January, and the province immediately announced an appeal. A hearing is set to begin Oct. 14.

The province says in its written arguments that it should be free to pass legislation on issues of public policy, such as how classes are structured.

"Government considers class-size limits, formulas and staffing ratios to be an inefficient means of allocating funding, unresponsive to actual school need, and restrictive in terms of the ability of school districts to offer a range of school programming," the government says in a factum filed with the B.C. Court of Appeal.

"The issue with the deleted clauses, accordingly, is not simply how much money should be spent on K-12 education but how it is to be spent and who should make such decisions."

Chairs are seen on top of desks in a physics lab at Magee Secondary School in Vancouver on Friday.
JONATHAN HAYWARD/THE CANADIAN PRESS

The court case has emerged as one of the main sticking points in the current strike, which closed schools two weeks before the end of the previous school year and has now delayed the start of classes.

The court first ruled the government had violated teachers' rights in a 2011 decision, which restored the contract provisions that were deleted nine years earlier.

The B.C. government passed legislation designed to respond to the court decision the following year, once again removing the contract clauses. The teachers' union responded with another legal challenge, which resulted in a second decision in favour of the union in January. THE CANADIAN PRESS

Mission. Cops bust alleged drug lab after fire call

What started as a fire call in Mission Saturday resulted in Mounties dismantling an alleged drug lab Sunday.

Around noon on Sept. 6, RCMP assisted Mission Fire and Rescue Service with what was reported as a structure fire on the 7100 block of Horne Street.

"It was initially reported to us as a fire at the structure," Sgt. Shaun Wright said. "There was actually no fire, but there was likely some sort of chemical emission from that building."

Once on scene, crews located chemicals and items that suggested it was a drug lab. Police then shut down nearby roads for several hours and residents were asked to avoid the area. Roads were reopened late Saturday.

Mission RCMP have not determined what type of drug was produced at the alleged lab, according to Wright. They are working with the RCMP's clandestine lab enforcement and response team.

No arrests have been made at this time.

STEFANIA SECCIA/FOR METRO

50-year-old man

Motorcyclist dies after falling off Granville Street Bridge

A 50-year-old man was killed Sunday morning after he lost control of his motorcycle on the Granville Street Bridge and fell to the street below.

Around 10:45 a.m., the rider was taking the 4th Avenue exit off the bridge when he lost control and struck the guardrail.

He fell off the bridge and was later pronounced dead at the scene by paramedics.

Police are not publicly releasing the man's name.

JEFF HODSON/METRO

Province set to review controversial privacy law

PIPA. Committee to hear concerns about how personal information is handed over to government

The privacy of B.C.'s residents lays in the balance with an upcoming review of one of the province's most controversial laws.

Until Sept. 19, B.C. residents have an opportunity to voice any concerns over the provincial Personal Information Privacy Act (PIPA), which has been criticized for overstepping the boundary when it comes to the privacy rights of citizens.

Members of OpenMedia, a network of people and organizations working to keep an open Internet, will tell the B.C. Legislature Special Committee Monday morning why they feel the act needs a thorough facelift.

"British Columbians want to see action to safeguard privacy, especially when it comes to the warrantless disclosure of private information to government authorities without consent," said David Christopher, OpenMedia's communications manager.

A key concern for PIPA is the way in which personal information is handed over to government authorities and other organizations without a warrant or consent; citizens aren't notified when their information has been given up.

The act was enacted in 2003 and last reviewed in 2008.

The Supreme Court recently ruled warrantless requests for private information unconstitutional — and the B.C. law needs to reflect that, according to Christopher.

Many people have contacted OpenMedia to express their concerns about privacy, which will be incorporated into the presentation, he added.

"Everyone has the right to be free from government surveillance, the right to a private space in which we can be ourselves," Christopher noted.

An exterior view of the B.C. Legislature in Victoria. DARRYL DYCK/THE CANADIAN PRESS FILE

The special committee, comprised of MLAs, is expected to issue a report to the Legislative Assembly on the review's results by Feb. 25, 2015.

"The committee is undertaking a comprehensive review of B.C. private-sector privacy legislation," said MLA Mike Bernier, committee chairman, in a media release. "We are holding a public consultation to gather important information on how well the act is working, and whether changes are necessary."

For more information, visit leg.bc.ca/cmt/pipa.

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Surprise baby 'a miracle' for new mom

'I was so shocked'. Josephine Anglin, 20, had no idea she was pregnant until she went to the hospital for back pain, and gave birth to a girl

THANDI FLETCHER
thandi.fletcher@metronews.ca

A Nanaimo woman who went to hospital with crippling back pain, was stunned to give birth to a healthy baby girl just a few hours later.

Josephine Anglin, 20, told Metro she had no idea she was pregnant until she arrived at Nanaimo Regional General Hospital's emergency room late Sept. 2.

Anglin, who works at Rona, said she had just finished her shift at 6 p.m. and was visiting her mom when she started to experience back pain. As she had hurt her back previously, Anglin said she assumed the same injury had come back and she brushed off the pain.

But when she later went home to fiancé Jonathan Phillips, the pain continued to get worse and the young couple decided to go to the ER.

"I couldn't get comfortable whatsoever," she said. "I was constantly having to walk and I couldn't sit down for long periods of time and my pain was coming and going. It was just severe pain."

When she arrived at the hospital, Anglin said a doctor asked her if there was any chance she could be pregnant. She said no, and the doctor prescribed a muscle relaxant, she recalled.

As Anglin prepared to leave the hospital, however, she said a nurse asked her to wait while they ran a urine test. Then came the shocking news.

"She said, 'You're positive,'" she said. "And I said, 'Positive for what?' She was like, 'You're pregnant.'"

Anglin said she and her fiancé looked at each other "dumbfounded."

When the doctor returned, Anglin underwent an ultrasound, but they still couldn't find any sign of a baby. It wasn't until hospital staff checked her cervix and found that she was five centimetres dilated that Anglin realized she was full-term and in labour.

"I was so shocked," she said. "I had so many mixed emotions."

Less than two hours later, Anglin said she started pushing. At 4:52 a.m. Tuesday, Anglin gave birth to a healthy baby girl weighing eight pounds and 14 ounces. She and Phillips named the surprise baby Nevaeh Charlie Phillips.

"She's a miracle. She's nothing but heaven," she said. "That's why we named her Nevaeh because it's heaven spelled backwards."

Although Nevaeh was a shock, Anglin said she and her fiancé are adjusting, as is Nevaeh. The newborn had to spend several days in the NICU after suffering from meconium aspiration syndrome, a condition in which the baby inhales a mixture of fecal matter and amniotic fluid into the lungs around the time of delivery.

But doctors expect Nevaeh to be discharged from hospital soon, Anglin said, adding that the hospital staff are shocked by her story. Her nurse said he has worked at the hospital for six years and has never seen a similar case.

New parents Jonathan Phillips, 19, and Josephine Anglin, 20, of Nanaimo, were stunned to welcome a baby girl, Neveah Charlie Phillips, early Tuesday since the couple had no idea Anglin was pregnant. COURTESY JOSEPHINE ANGLIN

Aquarium urges public to report leatherback turtle sightings

A leatherback turtle is seen near Langara Island. COURTESY SLAWEK SKORUPINSKI

The Vancouver Aquarium is hoping to mobilize citizens to help track one of world's most endangered animals.

Researchers have been hoping 2014 would be a good year for leatherback sea turtle sightings along the B.C. coast, but only a single sighting has been reported so far, according to the B.C. Cetacean Sightings Network, a citizen science program of the Vancouver Aquarium and Fisheries and Oceans Canada.

September is historically the best month for leatherback sightings, as they arrive from nesting beaches in southeast Asian and the South Pacific to feast on jellyfish, and the aquarium hopes that's where the public can help.

"We need the public's help to learn more about when and where leatherbacks appear in our waters," said Caitlin Birdsall, of the B.C. Cetacean Sightings Network. "Understanding their occurrence and distribution is key to protecting this species while they are here. If you've seen one, we'd like to hear about it."

The network says the global leatherback population has dropped as much as 95 per cent in the last 50 years, due to overharvesting of eggs, destruction of nesting beaches, fisheries bycatch and ingestion of marine debris. The species is listed as critically endangered.

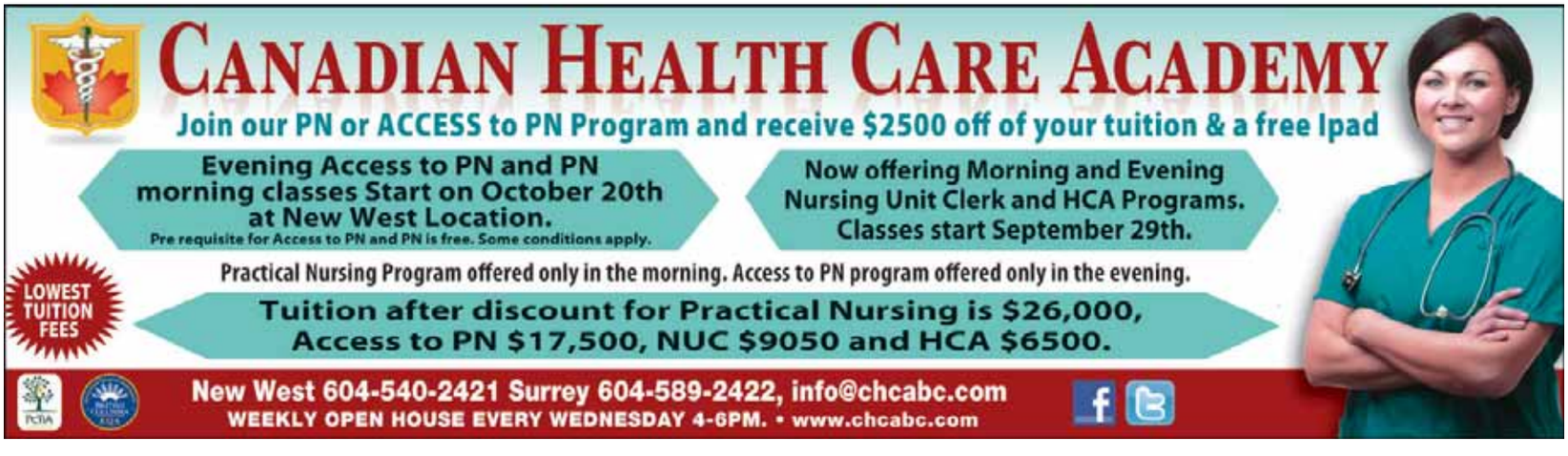
To date, more than 150 leatherback sightings have been reported in B.C. waters, the majority of which occurred off western Vancouver Island and around Haida Gwaii.

Leatherbacks are the largest sea turtle species in the world. They can reach lengths of nearly three metres and weigh over 900 kilograms. Their shells have long, parallel ridges covered in dark, leathery connective tissue.

When surfacing, often only the head and very front of the shell are seen.

To report a sighting, call 1-800-I-SAW-ONE or report it online at wildwhales.org.

MATT KIELTYKA/METRO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Hawaiians living near volcano still on alert as lava flow slows

Residents in a sparsely populated neighbourhood near Hawaii's active volcano are still on alert while officials say a dangerous lava flow has slowed its advance.

The Hawaii Civil Defence Agency said Saturday that an inspection made by helicopter of the area shows the lava had flowed about 50 yards since Friday from the island's Kilauea volcano.

The agency reported the flow advanced about 150 yards between Thursday and Friday.

The flow was moving at almost 300 yards a day earlier in the week.

Officials said no residents have been asked to evacuate and that the flow does not pose an immediate threat. The nearest homes are about a mile from the flow, which could reach the residential area in about week.

Residents remain under an eruption warning and are asked to be ready to evacuate.

Kilauea, which means "spewing" or "much spreading" in the Hawaiian language, first erupted in January 1983 and has been continuously erupting since. THE ASSOCIATED PRESS

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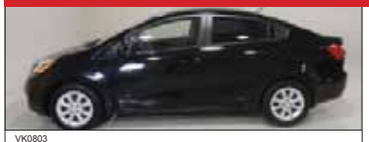

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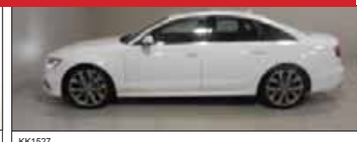

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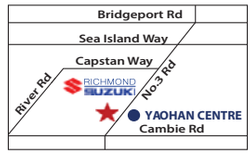

U.K. may offer Scots more fiscal autonomy

Referendum looms. With the 'Yes' vote for Scottish independence surging, Britain set to allow greater tax and financial freedom

Scottish referendum

"There is no guarantee whatsoever that if Scotland votes 'No' we will get a single additional power for the Scottish Parliament."
Scottish Deputy First Minister Nicola Sturgeon

The British government plans to offer Scotland more financial autonomy as polls predict a very close vote in the referendum on Scottish independence.

Chancellor George Osborne said Sunday the government is finalizing plans to give Scotland greater fiscal and tax autonomy and will unveil the proposals in the coming days.

Osborne spoke as recent polls have shown a tightening vote ahead of the Sept. 18 referendum on Scotland's independence from Britain, with the "Yes" movement gaining momentum despite the British government's warnings of possible pitfalls, such as not being able to use the British pound.

Scottish Deputy First Minister Nicola Sturgeon said that if the British government was serious about giving Scotland more powers, they would not have waited until two weeks before the referendum.

"There is no option of more powers short of independence on the ballot paper," she said. "There is no guarantee whatsoever that if Scotland votes 'No' we will get a single additional power for the Scottish Parliament." THE ASSOCIATED PRESS

Rivers laid to rest in NYC

Melissa Rivers and her son Cooper Endicott walk to a waiting car after the funeral service for comedian Joan Rivers in New York on Sunday, Sept. 7, 2014. Rivers died Thursday at 81. CRAIG RUTTLE/THE ASSOCIATED PRESS

Ukrainian artillery hits rebel-held village

Violence continues.
Two-day-old truce widely ignored in eastern Ukraine

Shelling and other clashes between government forces and Russian-backed separatists threw the ceasefire agreement in eastern Ukraine into deepening peril Sunday, two days after it took hold.

At least two houses hit by artillery fire blazed in the rural village of Spartak, which lies just north of the main rebel-held city of Donetsk and adjacent to the airport.

A man whose house was struck by a shell said rebels had fired from a spot nearby, and that apparently provoked a retaliatory attack from Ukrainian government troops.

A group of rebel fighters in the village danced and drank Sunday morning in celebration after what they said was a successful assault on a Ukrainian military encampment.

The truce — signed on Friday by Ukraine, Russia and the rebels after five months of fighting that killed at least 2,600 civilians and forced hundreds of thousands from their homes — was shattered late Saturday by shelling on the outskirts of the coastal town of Mariupol. The city council said Sunday that one civilian was killed and a serviceman wounded.

In Spartak, resident Anastasia Ivanusenko, who moved to Donetsk to escape the fighting, learned her house had been destroyed Sunday as she was coming to pick up some basic items for her child.

"I have a little baby and we are temporarily living in a dormitory. We wanted to get the stroller, some warm clothes for the child," she said, quietly sobbing on a bench across the road from her burning home. "There was no way to get into the house."

THE ASSOCIATED PRESS

Civil war

"There is no ceasefire for anyone."

"Khokhol," Ukrainian pro-Russian rebel fighter who gave only his nom de guerre, on continued violence outside the rebel-hold city of Donetsk

Pro-Russian rebels sit in their car with a heavy machine-gun on Sunday in Donetsk, eastern Ukraine. SERGEI GRITS/THE ASSOCIATED PRESS

Israel

Prostitution for redemption?

Police say they have uncovered a messianic Jewish sect that prostituted women to "save Israel."

Police said officers arrested two men and two women on suspicion of coercing women into having sex with non-Jews and exploiting them sexually by making them addicted to drugs and alcohol. The reasoning behind the plot was "to save the people of Israel and bring redemption nearer."

Police say the four suspects, two men and two women, were part of a messianic sect. An investigation revealed they were brainwashing the women into believing they were helping the Jewish people by having sex with non-Jews while pocketing the money for themselves.

THE ASSOCIATED PRESS

Rabies scare

Chinese city culls thousands of dogs

Chinese authorities killed almost 5,000 dogs in one city after blaming five human deaths on rabies, the official Xinhua News Agency reported Sunday.

The city of Baoshan in southwestern Yunnan province killed 4,900 dogs and vaccinated another 100,000 in its anti-rabies campaign, Xinhua said.

The city issued an urgent order calling for authorities to tightly regulate dogs and kill stray ones.

Chinese governments often order such widespread dog culls or ban dog ownership to control the spread of rabies. In 2009, authorities in the northern city of Hanzhong reportedly killed about 37,000 dogs after a rabies outbreak, including clubbing some of the animals to death.

THE ASSOCIATED PRESS

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Action. Arab League calls for support against ISIS

The head of the Arab League appealed Sunday to its member states to confront "militarily and politically" Islamic State of Iraq and Syria (ISIS) insurgents, an apparent call to arms as the U.S. launched new airstrikes against the group's fighters in Iraq.

Nabil Elaraby's comments come ahead of U.S. President Barack Obama's planned address Wednesday to the American people on his plans to confront ISIS, which now controls a wide swath of territory in Syria and Iraq.

Washington is looking for wide support for its call to take action on ISIS, following domestic criticism it was overly cautious in dealing with the militant group.

Already, NATO forces have agreed to take on ISIS militants. Support from the Arab League could provide Obama the international coalition he hoped to create to challenge the group.

It wasn't immediately clear what steps the Arab League would take in supporting action against ISIS.

Elaraby himself noted that the Arab League's 22 members have failed to help each other in the past when facing local armed groups, often because of disagreement among each other over what to do or using the pretext of non-interference to avoid accusation of meddling in each other's affairs. Those challenges include Iraq, as well as the militia violence now tearing Libya apart and other conflicts.

THE ASSOCIATED PRESS

Captive soldiers

Lebanese PM pleads for calm

Lebanon's prime minister pleaded for his countrymen to be calm in a rare televised appeal on Sunday evening, as anger swelled over the continued capture of soldiers and police by militants in Syria.

Tammam Salam's call came after photos emerged showing that militants of the Islamic State of Iraq and Syria (ISIS) had beheaded a second captive Lebanese soldier on Saturday.

Militants in Syria, including the ISIS group, are holding around 20 soldiers and police.

THE ASSOCIATED PRESS

Floodwaters and landslides devastate Kashmiri villages

Incessant rains. Worst flooding in more than five decades

Kashmiri men move with their cattle from their flooded neighbourhood in Srinagar, India, Sunday.
DAR YASIN/THE ASSOCIATED PRESS

Landslides and flash floods triggered by heavy monsoon rains have killed nearly 300 people in large swaths of northern India and Pakistan, officials said Sunday.

Five days of incessant rains in Indian-controlled Kashmir have left at least 120 people dead in the region's worst flooding in more than five decades, submerging hundreds of villages and triggering landslides, officials said. In neighbouring Pakistan, more than 160 people have died and thousands of homes have collapsed, with an official saying the situation was becoming a "national emergency."

Rescuers in both countries were using helicopters and boats to try to reach tens of thousands of people stranded in their homes as floodwaters rose and submerged many villages.

Rescue efforts in Srinagar, the main city in Indian Kashmir, were hampered by fast-moving floodwaters that submerged large parts of the city.

The rains had stopped on Sunday, but officials said the spreading water from the overflowed Jhelum River was moving too fast to allow boats to reach many people stranded in Srinagar for much of the day. By evening, several boats had been deployed to start rescue efforts, said Omar Abdullah, Jammu and Kashmir state's top elected official.

In many of Srinagar's neighbourhoods, the water was about four metres deep, submerging entire houses. Stranded residents left their homes to move in with friends or relatives in safer areas. THE ASSOCIATED PRESS

Yemen troops move to break up Shiite rebel sit-in

Yemeni security forces moved to break up a sit-in held by Shiite rebels blocking the capital city Sanaa's airport road on Sunday — using water cannons, bulldozers and tear gas — security officials and witnesses said.

The rebels had earlier escalated their weeks-long anti-government protests by moving to the road leading to the strategic airport, setting up tents near the Communications Ministry and blocking traffic into Sanaa from the south and west.

Security officials said protesters pelted the troops with rocks. One eyewitness said protesters commandeered a bulldozer, a water cannon truck and an armoured vehicle from security forces.

The witness said one protester snatched a machine-gun from one of the soldiers on an armoured vehicle near the Interior Ministry, also on the airport road.

Other sit-ins remain in place around the capital near several government ministries.

The officials spoke on condition of anonymity because they are not authorized to speak to the media.

The Shiite rebels, known as Hawthis, have been camping out for nearly three weeks in Sanaa, demanding the government resign and reinstate fuel subsidies.

But when Yemeni President Abed Rabbo Mansour Hadi dismissed his cabinet on Tuesday and promised to appoint a new premier within a week in a move to offer concessions, the rebels only escalated protests.

Fuel prices nearly doubled after the subsidy cuts, but the reaction on the street was limited when it was announced in July.

Opponents say the Hawthis are using the issue as a cover and really just want to seize power.

THE ASSOCIATED PRESS

Hawthis

The Shiite rebels, known as Hawthis, have been camping out for nearly three weeks in Sanaa, demanding the government resign and reinstate fuel subsidies.

Somalia

Shells strike Mogadishu neighbourhood

A Somali police officer says mortar shells have struck a Mogadishu neighbourhood a day after the al-Qaida-linked militants named a new leader and vowed to avenge the death of the previous leader killed by a U.S. airstrike.

Mohamed Abdi said Sunday the shells landed in residential areas in Hamarjajab neighbourhood, wounding five residents. No group has claimed responsibility for the attack.

But al-Shabab militants, while naming Ahmad Umar, also known as Abu Ubaidah, as their new leader, vowed to avenge the killing of their previous spiritual leader, Ahmed Abdi Godane, killed in a U.S. airstrike on Monday.

THE ASSOCIATED PRESS

Calais

Tensions mount in French port over migrant influx

Hundreds of extreme-right activists demonstrated Sunday to "save" Calais from homeless migrants inundating the French port city in hopes of crossing the English Channel to Britain.

On the opposite end of the spectrum, a few dozen far-left activists sought to disrupt Sunday's protest, but were quickly stopped by police, out in large numbers amid rising tensions in Calais in recent weeks.

The demonstration put new pressure on Calais as the city grapples with a growing influx of migrants and mounting tensions among the desperate travellers, city officials and the port. The city's dilemma over how to handle the migrants echoes challenges faced by authorities around Europe.

THE ASSOCIATED PRESS

Berlin

'Shariah police' won't be tolerated after group patrols in city: Official

German Interior Minister Thomas de Maiziere told Bild newspaper on Saturday that "Shariah law will not be tolerated in Germany."

Wuppertal police reported earlier this week that a group of young Muslim men, clad in orange vests that had the words "Shariah police" printed on the back, had patrolled some parts of the city repeatedly asking people to stop drinking alcohol or visiting nightclubs.

The interior ministry of North-Rhine Westphalia, where Wuppertal is located, on Saturday ordered the confiscation of the orange vests. Shariah is a strict brand of Islamic law. THE ASSOCIATED PRESS

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Outrage at Carleton over crude T-shirts

Coarse controversy. Students say shirts meant to protest anti-swearing policy

JOE LOFARO
Metro in Ottawa

A photo of two men wearing black, sleeveless shirts with the words "f-ck safe space" near Carleton University in Ottawa has sparked online denunciations and charges of "rape culture."

But some people say the shirts are actually a protest against a "safe space" policy forbidding swearing by frosh week facilitators.

Leslie Robertson, a civil litigation lawyer in Ottawa, tweeted a photo of the two unidentified men Sunday afternoon. At the time of publication, it had been re-tweeted by more than 100 people.

Two men wear the controversial T-shirts on Sunday.
COURTESY LESLIE ROBERTSON VIA TWITTER

In a follow-up tweet, Robertson said "there were many people, including women, wearing these shirts."

The university issued a statement Sunday evening saying it was investigating the incident.

In an interview, Robertson told Metro she saw several people wearing the shirts while walking to a farmers' market across the street from the university on Bronson Avenue. Seeing both men and women wear the shirts in broad daylight made her feel unsafe, she said.

She said she was surprised to see the shirts since lately there has been lots of discussions about rape culture and homophobia on campuses.

"If I'm living in a place where people feel it's completely appropriate to have those outward messages, like, on their T-shirts then, you know, we're not living in a safe place," said Robertson.

"I don't really know (what) the intentions of the shirts are, but it's a reminder that there are people walking around in the same places as I'm in who don't care to respect other women or whoever it is that it was intended to."

Bunnies bounce toward victory

A rabbit called Lenny jumps during the Kaninhop (rabbit-jumping) competition in Weissenbrunn vorm Wald, Germany, Sunday. Competitors take part in three different categories, with obstacle heights ranging from 25 to 40 centimetres. JENS MEYER/THE ASSOCIATED PRESS

Federal NDP to unveil electoral platform early

Tom Mulcair intends to start this fall nailing down some key planks in the NDP's election platform — a full year before the next scheduled federal vote.

The NDP leader says he'll be unveiling "some very concrete" proposals on child care, infrastructure investment, health-care funding and re-instituting a federal minimum wage, among other issues.

The New Democrats have been fighting to reassert themselves as the real alternative to Stephen Harper's ruling Conservatives, a role usurped by the third-place Liberals since Justin Trudeau took the helm 18 months ago.

They're gambling that the benefits of early disclosure — demonstrating how an NDP government would be different than the Harper regime and contrasting their substance with Trudeau's refusal to be nailed down on important policy questions — will outweigh the disadvantages.

"Canadians want to know where we stand and they're going to have a very clear idea," Mulcair told The Canadian Press as he prepared for an NDP caucus retreat in Edmonton next week to plot strategy for the fall sitting of Parliament.

"And they want more from us than, frankly, talking points, platitudes or partisan attacks."

Early disclosure of the platform is more respectful of voters, Mulcair argued.

THE CANADIAN PRESS

Glitchy electronic vote no obstacle to Prentice victory

Alberta premier-designate Jim Prentice learned on Sunday the last obstacle to a smooth transition to the top job had been erased.

Defeated Progressive Conservative leadership candidates Thomas Lukaszuk and Ric McIver in saying they won't challenge the results of an electronic voting campaign won by Prentice but marred by computer and phone foul-ups.

Lukaszuk said he's not happy, but won't stand in the way.

"That ship has sailed," said Lukaszuk in an interview.

"There was a system. An outcome was achieved, and I'll let it be."

Prentice, 58, defeated Lukaszuk and McIver handily in results announced Saturday.

The former Calgary MP and cabinet minister for Prime Minister Stephen Harper took 77 per cent of the 23,386 votes, well over the 50 per cent plus one needed for a first-ballot victory. But it was not without controversy.

Over two days of voting, there were scores of complaints: Voters not receiving the required PIN codes, jammed phone lines and frozen computer downloads.

Party executive director Kelley Charlebois has said while the system had problems, the result reflected the true sentiments of the party.

Also Sunday, Prentice announced his transition team to take him to the premier's office, headed by Tim Hearn, the former chairman and CEO of Imperial Oil.

THE CANADIAN PRESS

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Tickets are not available for all price categories at all performances. Limited seating is available for select performances. Seating availability and location is determined automatically on a first-come-first-serve basis. Show ticket pick-up and use has some restrictions. Show tickets must be booked within 72 hours of booking your hotel package. Offer is subject to availability, does not apply to group reservations and may be cancelled or modified without notice at any time by the supplier. This offer does not accumulate if unused. Participants must be at least 21 years of age. Additional conditions may apply, speak with your Flight Centre consultant for details. Offer expires Sep 25, 2014.€Complimentary upgrade to next room category. Offer subject to availability at time of check in. Please inquire with front desk for further details. £Complimentary upgrade to next room category. Offer subject to availability at time of check in. 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California

Hurricane Norbert downgraded

Despite reaching winds as high as 240 kilometres per hour, Hurricane Norbert was downgraded from a Category 3 hurricane on Saturday to a Category 1.

Although it stayed away from land, Norbert still drenched fishing villages and resorts, and pounded beaches. THE ASSOCIATED PRESS

A signs warns of high surf at Dana Point Harbor caused by Hurricane Norbert. NICK AGRO/THE ASSOCIATED PRESS

Immigration politics

Unaccompanied young immigrants lead to policy shift

U.S. President Barack Obama has said he is backing away from a previous pledge to protect immigrants from deportation, saying the politics of the issue have changed following an increase in immigration of unaccompanied minors over the summer.

"I want to spend some time, even as we're getting all our ducks in a row for the executive action ... to make sure the public understands why we're doing this," said Obama.

United We Dream director Cristina Jimenez said the decision is a disservice to Latino and immigrant communities, while Frank Sharry of America's Voice criticized Obama for choosing politics over people. THE ASSOCIATED PRESS

Security tight along the Mexico-U.S. border

Rio Grande Valley. Despite the presence of numerous security forces and militia groups, safety is not assured for residents

Not long ago, the U.S. Border Patrol was the only law enforcement agency monitoring the mesquite thickets and sugar-cane fields along the Rio Grande, and an agent's challenge was to distinguish between an exhausted immigrant and a threat.

Now the border is teeming with hundreds of state troopers, National Guardsmen and civilian militia members, all heavily armed and often wearing tactical vests and camouflage.

Illegal immigration spiked in the Rio Grande Valley this summer, forcing border patrol and the state's Department of Public Safety to deploy more troopers, with an additional 1,000 National Guardsmen deployed by Gov. Rick Perry.

But with so many different branches of law enforcement, co-ordination is challenging.

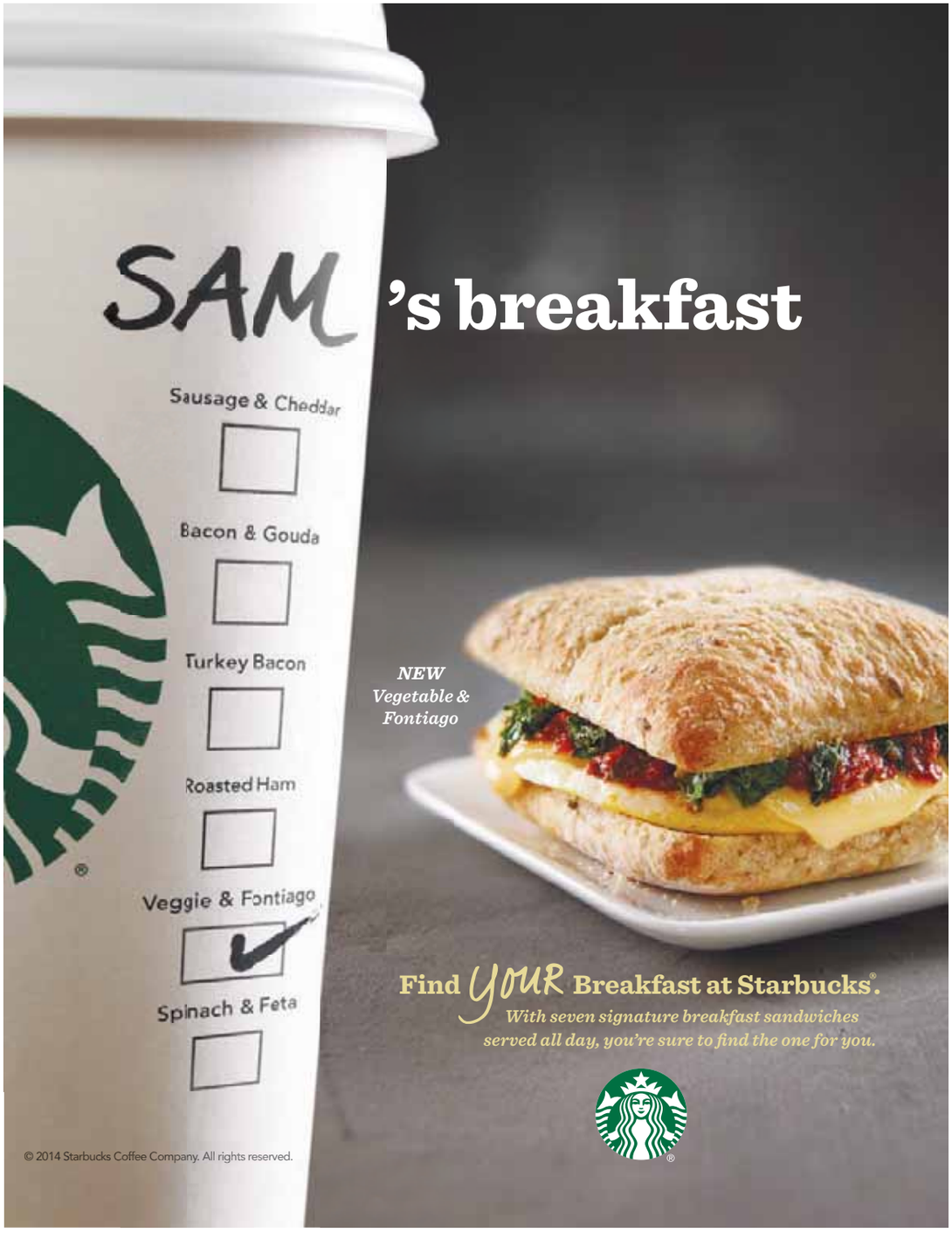
Each entity uses different radio equipment, which complicates direct communication in the field, forcing representatives from each branch to sit side-by-side in a round-the-clock command centre.

If maintaining security wasn't already problematic, armed civilians have joined the fray in unknown numbers.

Rio Grande Valley mayor Ruben Villarreal said living along the border has made the community more receptive to having additional security forces present, and while he acknowledges the concerns of his constituents regarding their safety, he views the extra security as a necessity.

"We sacrifice privacy an awful lot down here for the security that this nation needs," Villarreal said. THE ASSOCIATED PRESS

Texas Department of Safety Troopers patrol on the Rio Grande along the U.S.-Mexico border on Sept. 6. ERIC GAY/THE ASSOCIATED PRESS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Missed the boat with Tim Hortons stock? Maybe not

HOW TO ROLL
Alison Griffiths
metronews.ca

OK, so you are boo-hooing into your double-double with a side of Timbits because you didn't grab some Tim Hortons Inc. stock last year. And now, with the impending Burger King Worldwide Inc. merger, it's too late.

Or is it?

A year ago Tim's was a $50 stock and all the fundamentals were in place to see a nice steady growth going forward. But 85 bucks was simply not on analysts' radars. In fact, with increasing competition in the sector, most analysts have been predicting low single-digit growth, if that, for the likes of McDonald's Corp., Krispy Kreme Doughnuts, Inc., and Starbucks Corp.

That was then.

First, a little lingo update is in order. Fast food is out and fast service or quick service is in. Ordering with your bum in a chair likely puts the restaurant in the fast casual category. Standing while ordering denotes fast service fare. Somehow that moniker seems a little less calorie- and sodium-laden than fast food.

What may propel Tim Hortons to loftier stock heights is the rapid encroachment of fast service on fast casual territory. Upscale additions such as higher-quality breads and buns (thanks Panera Bread Co.!) and salads with chi-chi ingredients like cranberries, goat cheese, free-range eggs and pecans are now commonplace.

Fancy fixin's at fast food (oops, fast service) prices, à la Tim Hortons, will attract a new group of munchers who have avoided greasy and quick in the past. And that spells new revenues.

Also, the merger creates the third-largest restaurant chain in the world behind McDonald's and Yum! Brands, Inc. Bigger often means cost savings through economies of scale.

So, there may be some nice upside to Tim Hortons, even this late in the day.

The big negative is Tim Hortons' new bed pal, 3G Capital, which owns Burger King. There's more than a little of the Wall Street wolf, Gordon Gekko, in how this company operates. It won't hesitate to slash dividends, staff or lower the bar on ingredients if it boosts profits. But that kind of management can actually backfire on a stock by damaging the brand.

Shares

Tim Hortons' trades on the Toronto Stock Exchange (TSX) and the New York Stock Exchange (NYSE):

- $33 – March 2006 closing price, first day of trading.
- $27 – November 2008, lowest price.
- $89.22 – Sept. 2, 2014, highest price.

Fashion trends

Jeans' appeal wearing thin

Levi Strauss — which invented blue jeans 141 years ago — has created new versions of its classic denim to counter what the fashion industry dubs the "athleisure" trend that is hurting the jeans business.

Knit Jeans cater to people who more often sport yoga pants, leggings, sweatpants and other athletic wear instead of traditional denim. Sales of the iconic blues fell six per cent during the past year after decades of almost steady growth. The decline is being driven by women, but men's interest in jeans also is fading.

THE ASSOCIATED PRESS

Levi Strauss Knit Jeans — made of stretch cotton knit to feel like sweatpants. THE ASSOCIATED PRESS

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THINK OF THE CHILDREN. SERIOUSLY.

URBAN COMPASS

Paul Sullivan
vancouver@metronews.ca

By now you're sick of the teachers' strike.

And I bet you're almost as sick of hearing about it.

What more can be said? How much more hand-wringing can we endure? Every morning, we wake up to the same nightmare: the two sides far apart and the kids still not in school.

For those keeping score at home, it is September the 8th. The strike started on June 17, and has now interrupted two school years. By the looks of it, the frost will be on the pedagogical pumpkin before it ends.

And when it finally ends, will it have been worth it? Isn't that the real question? Both sides seem to have an eye on their legacy, so much so that they seem ready to dig in till Doomsday.

The government says it won't legislate teachers back to work because it wants a mutual collective agreement. When or if it gets that agreement, will the relationship between the government and the teachers' federation really improve?

The teachers say the strike is all about improving classroom conditions, eliminating crowding and accommodating special needs students. (Well, overcrowding isn't a problem now, is it?)

But this is a thorny issue, complicated by a court case that is nowhere near being resolved. It's almost impossible to believe that this strike will lead to better classroom conditions, considering all the factors.

The teachers want to control class size and composition while the government won't allow that to happen. Ever. So what's the point?

The government says teachers want too much, nearly twice as much as other public sector unions if you include their benefit demands.

I find it difficult to believe that the teachers are holding up students to increase the number of sick days they get or because they're holding out for a $5,000 signing bonus. But if that's not the case, why don't both sides strike a deal on wages and benefits, then tackle class size and composition outside the realm of labour negotiations?

Right now, it looks as if both sides are trying to resolve more than a decade of dysfunction all in one negotiating round.

Quick-fix solutions such as binding arbitration and back-to-work legislation are apparently off the table.

The union is sticking to its demands, and the government refuses to blink.

The teachers say they are protecting kids, and that may be sincere, but it's clear they want too much, or at least more than the government is willing to give. So what about the kids?

The government is looking at this in the context of its overall labour relations, but what about the kids?

Yes, what about the kids, Messrs. Fassbender and Iker? There comes a time when their education is more important that your legacies.

And that time is now, not Halloween or — yikes — Christmas. Whatever the nobility of your respective positions, the strike has gone on too long to do any good.

Fix it now, solve it later. Forget about your forthcoming bronze statues and do what you have to do to get kids back in school.

That's the point. At this point, it's the only one.

WE ACT: CANADA DOES GOOD

Toronto educator inspires youth to give

Canadians across the nation are up to a whole lot of good. Here's one we'd like you to meet.

Who: Marcella Porretta, educator, motivator and hug-giver, Toronto
What: Encouraging youth to volunteer and get involved in their community.
Why: To help young people find a passion and set them on a positive path.

Marcella Porretta (bottom row, far right) with students from Monsignor Percy Johnson Catholic High School. CONTRIBUTED

It's the start of a new school year, and Toronto educator Marcella Porretta is gearing up for more than just classes.

Whether she's organizing car washes, volunteering with those suffering from drug and alcohol addictions or visiting elderly people with her students, Porretta believes in making a difference in people's lives.

She's the teacher who keeps in touch with students long after graduation, guiding them where and when needed.

What inspired you to get started? I ended up meeting with a former student of mine who was in prison at the time, and we connected. I kind of took him under my wing and he introduced me to Vitanova — a non-profit that works with people suffering from drug and alcohol addictions — and I got involved in helping. Everything took off from there.

Quoted

"It's about helping kids that have nowhere else to go and keeping them busy and inspired, because it keeps them off the streets."

Marcella Porretta, on why she volunteers

What motivates you to continue the work you do every day? I work with troubled youth because I feel like they went on the wrong path for a reason. They don't have that TLC; some don't have family. I now have students who won't even ask me to give them community service hours, because they want to volunteer out of the goodness of their hearts. That's when I go, "Yes!" That's an accomplishment right there. That's what I care about.

CRAIG AND MARC KIELBURGER

MetroTube

Behold, Internet! It's the mighty spider dog

ANDREW FIFIELD
andrew.fifield@metronews.ca

It's easy to laugh at these poor passersby panicking at something as obvious as a delighted condo-sized dog in a spider suit. But the first shot — that reveals what this thing actually looks like when it's scurrying down a darkened tunnel toward you, looking for lunch — inspires a desire to wrap the victims in a warm towel and hold them tightly. (YouTube/SA Wardega)

ISTOCK

Twitter

@metropicks asked: A rights group says that human bodies on display at the Bodies Revealed exhibit may have come from Chinese prisoners of conscience who were executed. Should the exhibit be pulled?

@sulliv16: That is sick & disgusting. Way to go! Desecrating the dead, not cool. Show some respect!

@5chadenfreude: Free trade at its finest; The import/export of prisoner's corpses for profit, but no local authority wants the responsibility.

Agree? Disagree? Join the conversation @metropicks.

metro AR

SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 17 in Scene and page 26 in Sports.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

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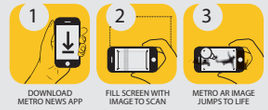

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Ebooks

Now

By. Lauren Bacall

Kindle/iBooks/Kobo

MIND THE APP
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It's hard to imagine the late Lauren Bacall struggling with unemployment, but it's what drove her to write this final memoir. She shares the difficulties of being an outspoken loner, of being guided by Bogart's wisdom, and being lifted by carefully chosen friends. Unfortunately the book's audio doesn't work, so while you get her words, her sultry voice is missing.

Box office

Guardians still top movie in galaxy

Guardians of the Galaxy continues to rule the box office universe. It took first place at the box office for a fourth weekend with $10.2 million, according to studio estimates Sunday. Teenage Mutant Ninja Turtles sliced off second place in its fifth weekend with $6.5 million. If I Stay starring Chloe Grace Moretz took third place in its third weekend with $5.7 million.

THE ASSOCIATED PRESS

Straddling the world of television and film

Ray Donovan. Actor Dash Mihok is keeping busy with his latest TV series — plus some directing and a little bit of film, too

NED EHRBAR
Metro World News in Hollywood

metro AR Dash Mihok stars in Ray Donovan. Scan your Metro News App to watch a behind-the-scenes video of the Donovan Fite Club.

CONTRIBUTED

Dash Mihok is being remarkably good about not giving away any details about the last few episodes of the current season of Ray Donovan, even after I've tried plying him with a couple beers.

"You know my show — they can whack me at any time, so I kind of can't talk too much. They won't hesitate to whack somebody, even if you're a family member," he says.

One person on the series we agree is probably safe from any vindictive whacking is Mihok's co-star, Liev Schrieber, who plays the titular Ray. It would be weird if they killed off Ray Donovan on Ray Donovan, after all. Or maybe not.

"They could just start calling it The Donovans or something," Mihok offers. "No, he's safe."

Spoilers aside, Mihok is actually feeling quite talkative. On the series, currently wrapping up its second season and recently renewed for a third, Mihok has gotten plenty of time to explore the tortured soul of Bunchy Donovan, a luxury he attributes to the nature of television.

"In general, you see all these movie actors moving to TV because it's racier, it's more interesting, and they're enjoying getting to portray these people that are really, really complicated and layered and flawed for more than two hours," he says.

He's not really talking about TV in general, though, but cable.

"Network is network. It's fun here and there, but you don't really get to explore anybody," he says. "No offence to CBS, my parent company, but I don't watch anything on there. There's so much now on streaming and on cable now."

In fact, Mihok is so enamoured by the television world that he's actively getting into the game behind the camera.

"I just directed a pilot and screened it at my agency last week. We're going to sell it," he says.

"It's a really dark comedy, and it could go to places like Amazon or Netflix. It's pretty racy language, but there are all these outlets for that now. We just made it ourselves, and we're going to shop it. You could never do that before."

But Mihok hasn't left movies behind — far from it. With two films wrapped — including Mike Flanagan's Somnia — and another in production, Mihok has feet planted firmly in both the film and television worlds, another luxury he attributes to the more generous cable schedule. And he's still got a few items on his wish list.

"You know what I want to do? I want to shoot a movie in Europe. I've never done that. You'd think that would've happened by now," he says.

"I mean, I'd love to be the lead and work every day, but if I didn't have to, it would be great to have those days off so you can just take day trips to other places that you haven't been.

"It's like, 'Let's just bounce to Morocco for a couple of days,' and it's like going to Florida."

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Jeff Bridges and the Abiders just want to make music, man

Shifting gears. After The Giver, actor took his band on the road — he talks music and movies with Metro

NOLAN GAWRON
Metro World News in New York

Shortly after playing the tragic country music hero Bad Blake in the film Crazy Heart, and winning an Oscar for the role, Jeff Bridges presented the world with a stellar self-titled country/folk album. A positive collection of well-constructed songs, Bridges teamed up with producer T. Bone Burnett and proved that he had even more to offer. Hot on the heels of his recent movie, The Giver, Bridges has somehow found the time to take his band of Abiders on the road.

Was music something you did before movies and did you ever have to choose between movies and music?
I've been playing since I was 13 or 14, and as far as a time when I wondered if I wanted to go into that, I seriously questioned and asked myself whether acting was going to be my path. And as I grew older it became the path of least resistance. I took that path with the most energy, but the music has always been part of my life. I have a little studio and I like writing music and playing with my friends.

Tell me about the timeline of your self-titled album and your role in Crazy Heart. Which came first and did one inspire the other?
Crazy Heart came first and it certainly inspired my record. T-Bone Burnett and I have been friends for a very long time and I met him, oh about 30 years ago on Heaven's Gate, and we played a lot of music on that. And that in a way gave birth to Crazy Heart. And after Crazy Heart was over, I became deep into the music and kind of re-started my musical thinking there and I thought if there was ever a time to live my teenage music dream, that would be the time. So I called up my buddy T-Bone and gave him a bunch of songs that I thought would be good and he liked them and that was that.

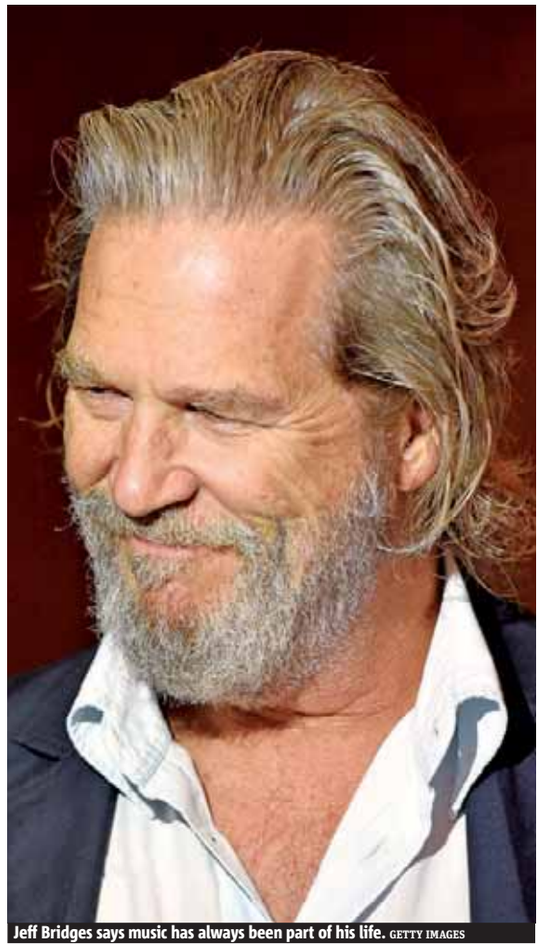
Quoted

"The Eagles are fine. I dig Creedence, too."

Jeff Bridges on being asked if he hates The Eagles like his character The Dude in The Big Lebowski.

What kind of advice has T-Bone given you over the years that has helped you along the way musically?
He gave me some great advice during Crazy Heart that stuck with me through the album as well. T-Bone really likes to make a universe that comes from an alternate universe. When we did the music from Crazy Heart he didn't want to copy anyone's style, he wanted to make music that was fresh, familiar, but different. He didn't want it to sound like anyone else. He made me a list of all of the guys that my character Bad Blake would have listened to while growing up in Fort Worth. He knew what he was talking about because that's where he grew up. He said, "You'd be listening to Merle Haggard, Hank Williams and those guys, but you'd also be listening to Bob Dylan, Leonard Cohen, the Beatles." I asked if I'd be listening to Captain Beefheart? And he said "Oh yeah! You'd be listening to Ornette Coleman too." That was also for the idea for the Jeff Bridges album, too. It didn't have to be a pure country album or a pure anything.

What are your true feeling about The Eagles? Do you really "hate the f—ing Eagles," as the quote from Lebowski goes?
That's not me. That's The Dude, man. I ran into those guys at a party and those guys gave me a lot of s—. I said, "Don't take it personally, man. It's a movie, man." The Eagles are fine. I dig Creedence, too.


Jeff Bridges says music has always been part of his life. GETTY IMAGES

Television

Sofia Vergara tops earning list for TV actresses

Sofia Vergara AFP

Modern Family star Sofia Vergara is the highest-paid U.S. TV actress for the third year in a row, earning about $37 million, according to a 2014 list published this week. The 42-year-old earned more than the top actor, Ashton Kutcher, who made about $26 million, according to Forbes magazine.
AFP

Hemlock Grove will wrap up with a third season in 2015. AFP

Hemlock Grove. Netflix horror series to return

Netflix will wrap up its Hemlock Grove horror thriller in 2015 with 10 new episodes, the Hollywood Reporter says.

Released in April 2013, the drama's first season was a big hit with Netflix subscribers, despite being largely overshadowed in the press by talk of the platform's House of Cards, starring Kevin Spacey.

Created by Brian McGreevy and produced by Eli Roth, Hemlock Grove is set in a fictional Pennsylvania town where a series of strange events are taking place. While investigating a local murder case, the authorities are led to wonder whether the crime was committed by a human being or an animal.

After House of Cards and Orange Is the New Black, Hemlock Grove is the third Netflix series to reach its third season, and the first to have an end date. AFP

Film. Box office slumps to worst summer in years

Guardians of the Galaxy is this year's biggest-grossing film. AFP

Hollywood suffered its worst summer in years at the box office, as filmgoers apparently grew tired of blockbuster sequels and epic computer-generated fight scenes, experts said this week.

Between the first weekend of May and the Labour Day weekend, which traditionally marks the end of the summer season, U.S. films made $4.05 billion, down about 15 percent from last year.

That is the smallest box office total since 2006, when films made just $3.75 billion in North America, said Paul Dergarabedian, an analyst at movie data provider Rentrak.

When corrected for inflation, this is the worst summer box office since 1997, according to Rentrak.

But it could have been worse, if rogue superheroes had not saved the day.

Offbeat sci-fi flick Guardians of the Galaxy topped the box office in its fifth week in theatres, and became the biggest-grossing film of the year. Family-flick Teenage Mutant Ninja Turtles also did well.

"Guardians and Teenage Mutant Ninja Turtles thankfully came at the perfect time, and enabled Hollywood to knock the summer deficit down to just under 15 per cent, from 20 just a month ago," Dergarabedian said.

But others disappointed, like Hercules, Edge of Tomorrow and The Expendables 3, which made only $34 million despite an all-star cast including Arnold Schwarzenegger, Sylvester Stallone, Mel Gibson and Harrison Ford. AFP

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Sons of Anarchy says goodbye

Beginning of the end. Creator mum on plot specifics but viewers will be treated to special guest stars in final season

From left, Paris Barclay, Charlie Hunnam, Katey Sagal, FX Networks CEO John Landgraf, and Ally Walker attend the L.A. premiere screening of Sons Of Anarchy after party in Hollywood on Saturday. THE ASSOCIATED PRESS

The cast and crew of the FX drama Sons of Anarchy gathered in Hollywood Saturday night for their seventh, and final, season premiere.

Saying goodbye to the series clearly hasn't been easy for Katey Sagal, who walked the red carpet with her husband, series creator Kurt Sutter.

"I feel enormously grateful for having been here, and I also feel in denial that it's ending," the actress said. "You know, I was weeping a little bit last night about it."

Then why end the hit show, which centres on a family composed of members of an outlaw motorcycle club, who are in a Shakespearean-like battle for power?

Explained Sutter, "Quite honestly, after seven seasons, because of all the factors, it becomes very expensive to produce."

Four years ago, Sutter transformed that economic reality into artistic inspiration, creating a sprawling mythology that would conclude at the end of a seventh season — gambling that the series would last that long.

This week's premiere, airing Sept. 9, finds the club leader, Jax (Charlie Hunnam), enlisting his brothers to avenge the murder of his wife Tara. What Jax has yet to learn is that the murderer is own mother, Jenna (Sagal), who, thinking she was protecting Jax, repeatedly stabbed Tara in the head with a carving fork.

As usual, Sutter has revealed few plot specifics. However, producers have confirmed that final-season guest stars will include Lea Michele (Glee) and musician-actress Courtney Love, both of whom attended the premiere.

"I play a kindergarten teacher," Love said, then poked fun of her own bad-girl persona, "because when you think of me, I know, you think, immediately, 'kindergarten teacher."'

Last year's episodes of Anarchy attracted an average of 10 million viewers, making it the most popular series on FX.

THE ASSOCIATED PRESS

Quoted

"I feel enormously grateful for having been here, and I also feel in denial that it's ending. You know, I was weeping a little bit last night about it.

Katey Sagal on the end of Sons of Anarchy

Casting

Matt Nable
GETTY IMAGES

Aussie to play Batman villain

As announced at San Diego's Comic-Con in July, Batman supervillain Ra's al Ghul will appear in the third season of the CW's Arrow. Australian actor Matt Nable has been cast in the role. In an interview last week, Liam Neeson commented that he wouldn't mind reprising the role of Ra's al Ghul, the Black Knight's mentor turned nemesis, which he played in Christopher Nolan's Batman trilogy. Ultimately, however, the show's producers chose a relative newcomer.

AFP

METRO CUSTOM PUBLISHING

Uncover gems in Vancouver with American Express

Vancouverites share where they find their inspiration

CONTRIBUTED

MAPS ONLINE

Check out the maps on the American Express Canada Facebook page at facebook.com/AmericanExpressCanada and share your favourite spots using hashtag #InspiredBy.

Amex and Metro asked — and you answered. Vancouverites have shared the places in Vancouver where they find inspiration for reading, music, fashion, cooking, and wellness.

There are so many places yet to be discovered and enjoyed, with more than half the population admitting to only being familiar with a portion of their cities. To help motivate Canadians to seek out their city's hidden potential, American Express Canada worked with bloggers and residents of Vancouver, Calgary and Toronto to crowdsource each city's undiscovered gems and populate them into interactive maps.

After a recent survey revealed that only 79 per cent of Vancouverites have explored half of their city or less, American Express Canada called on residents to share the hidden gems of Vancouver that inspire them.

These suggestions have been compiled and interactive maps have been developed to help encourage city dwellers to find inspiration and the true potential Vancouver has to offer.

Some of Vancouverites favourite spots in the city include:

- Coal Harbour seawall
- Gastown
- Stanley Park

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

A sad week for Mark, Justin, and sexy pairs of stars/geckos

STARGAZING
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Mark Wahlberg

This week in sadness:

1. No one wants to pay for photos of Ashlee Simpson and Evan Ross's honeymoon.

2. The geckos sent into space by Russia to have gecko sex returned dead.

3. Super-hot couple Ian Somerhalder and Nikki Reed spent almost $1,000 on sex toys after a month of dating.

4. Mark Wahlberg couldn't be bothered to show up to his brother Donnie's wedding to Jenny McCarthy.

Dancing with the Stars pro Karina Smirnoff says she doesn't think former pro Julianne Hough joining the show's judging panel is "ethical." She's equally concerned about Bachelor in Paradise's stand on the socio-economic impact of sloppy ocean sex.

Justin Bieber sprains his wrist. Was he:

A. Wrangling a steer?

B. The victim of a Lego castle collapse?

C. Still distraught over the revelation Hello Kitty is not a cat and repeatedly punching himself in the face while muttering, "Stop crying. Stop crying?"

Kanye West wants to star in an Anchorman-type comedy. Except it won't be funny and will consist of his yelling at a trapped crowd who just wanted to hear his music.

Brad Pitt and Angelina Jolie are spending their honeymoon making a movie about an unhappy marriage. Rumours have it the fictional marriage crumbles when the wife decides to have her children decorate her wedding dress with ugly crayon drawings.

Rock 'n' roll is dead, and Gene says it's our fault

The party's over, everybody. Gene Simmons says rock 'n' roll is dead. Never one for melodramatic statements, the Kiss leader explained to Esquire recently that the system's changed, man. It's changed.

"Rock is finally dead. I am so sad that the next 15-year-old kid in a garage someplace in Saint Paul that plugs into his Marshall and wants to turn it up to 10 will not have anywhere near the same opportunity that I did," he says.

"The death of rock was not a natural death. Rock did not die of old age. It was murdered. And the real culprit is that kid's 15-year-old next-door neighbour, probably a friend of his. Maybe even one of the bandmates he's jamming with."

Say what now?

Gene Simmons

Oh, right. According to Simmons, this whole tragedy is down to the fact that we as consumers aren't doing enough to support decent, hard-working record companies that therefore can't afford to support musicians like they used to.

Shame on us.

Antonio Banderas

Dutch fling pre-dates split with Melanie

As his divorce battle with Melanie Griffith rages on, Antonio Banderas has reportedly been finding it harder and harder to hide his affections for Dutch banker Nicole Kempel, the woman he was seen frolicking with in St. Tropez last month.

And sources tell Radar Online that the two were already an item before Griffith filed for divorce.

"He is really in love with her. He comes to France to visit her when he can, and they already went for a 10-day vacation together in secret," a source says. "Only her closest family and friends knew. They were hiding everything from everybody because Melanie got a very good divorce lawyer, and I think he was hoping to keep it under wraps until the end of the divorce."

Awkward making music instead of babies

Gwen Stefani admits that having husband Gavin Rossdale step in as a mentor during her first season as a judge on The Voice made her feel a little uneasy.

"It was just awkward. We've only collaborated on making babies," Stefani says, according to Fox News, describing skills that probably wouldn't fly during a network prime-time reality singing competition.

The singer was worried that she and Rossdale would clash over musical styles and tastes.

Buying away the blues?

Emotional purchases. If you're spending when you're sad or in need of an emotional boost, you have a problem

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Want to stop emotional spending? Stay out of stores and unsubscribe to catalogue mailings. ISTOCK

Ashley loves to complain that she doesn't have any money. Last year she went five months without a job after she was laid off. Her parents helped her out, and she paid them back, but she felt like a child having to ask for help so she wants to make sure she doesn't have to in the future. She's trying to set up an emergency fund but every time Ashley has $1,200 saved up, something mysterious seems to happen: The money disappears.

First there was the stressful week at work. As Ashley walked past her favourite shop on the way to the bank, she popped in to have a look and cheer herself up. She spent $214 on two tops, a scarf and a new little black dress. She was proud since the two tops were 50 per cent off. And she felt great about her new LBD because the other three little black dresses in her wardrobe were "old." Besides, she had the money in the bank.

Next there was the weekend away. "I just needed to get away for a couple of days," Ashley said. "I stayed with friends, so I only had to pay for the train tickets and food. Oh, and I brought my girlfriend this fabulous cookbook I found in a second-hand store — just seven bucks."

Then there was the wedding Ashley had to go to. "My university roommate is coming to town for this so I have got to look good."

She not only had a spa day, she dropped $370 on a new dress and $200 on a fabulous pair of shoes. In her mind, it was an emergency.

Ashley spends when she's stressed, when she's bored, when she's suffering a little dip in her self-esteem. She spends when she's happy. She spends when she's blue. Ashley is an emotional spender.

Are you one, too?

If you find that you shed dollars when you're in the rough emotionally, it's time to become aware of what's triggering your spending. Hey, everyone enjoys the buzz of a new acquisition. That's your brain chemistry rewarding you for acquiring something new. But if you're letting that buzz drive you to do things that will hurt you in the long run, you've got to squash it like a bug.

- Do you get a rush when you spend money?
- Do you buy things you don't need?
- Have you gone shopping because you just needed to "cheer yourself up" or "get out of the house?"
- Have you bought things you can't really afford? (So you put them on credit and don't pay them off in full at the end of the month.)
- Do you feel buyer's remorse, returning things after you get them home?

The more often you answer 'yes,' the more likely you're an emotional shopper. Want to squash the emotional spending bug?

Stay out of the stores. If Ashley hadn't gone into her favourite shop, she'd still have the $214 she spent to alleviate her stress. Breathing alleviates stress and it's free. There's also walking, singing, watching a funny video, and dozens of other stress-busters that don't involve spending money you planned to save.

Get rid of the temptation. If you're pummeled with ads or you have an inbox full of "sales" from online stores, you're begging for a bite from your emotional spending bug. No emotional shopper can face that much temptation without giving in. When you're stressed or blue, your resistance is lowered so you're that much more likely to drop some money. Get yourself off those lists. Unsubscribe to catalogue mailings. And don't even open the email offers. Just move 'em to the trash.

Keep track of your spending. Even small indulgences will add up quickly. It is not OK to buy just because it's under 10 bucks or it's a great sale. If you see something you really like, take a picture with your phone and walk away.

If you still want that shirt or that cute hat tomorrow, go back when emotion isn't driving the decision.

While we all succumb to emotional or impulse spending from time to time, when it becomes a regular event, you've gotten into a bad habit. You have to consciously stop allowing your impulsive responses to bridge your emotional gully.

Acknowledge how you're feeling and look for ways to make yourself feel better that don't involve messing with your money plans.

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A little cheesy, but not processed

This recipe serves four. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

Inspired Lunches Week. Want to pack something more exciting? We got you covered, starting with this Lobster Grilled Cheese Sandwich

Grilled cheese sandwiches have made a major comeback as lunch and dinner choices, but the plain old processed cheese grilled sandwich is now on the back burner!

In the past, these traditional sandwiches were considered standard fare on dinner menus, but more recently they have a new image and are popping up on gourmet menus.

With a wide selection of artisan breads, cheeses, vegetables and proteins added into the mix, the combinations are endless.

This is my version of a seafood grilled cheese sandwich. Lobster is definitely a luxury food item, but today you can find great frozen products in your grocery.

You can always substitute shrimp, crabmeat or surimi (artificial crabmeat).

The avocado, corn and jalapeno are a perfect match with the seafood.

You can prepare the salsa up to two hours in advance. Assemble the sandwich just before serving.

Directions

1. Sauté corn in skillet sprayed with vegetable oil for 5 minutes just until lightly charred.

2. Place corn in a bowl along with avocado, jalapeno, red onion, salt and pepper, lemon juice and olive oil.

3. Place salsa over 4 slices of bread along with the lobster and cheese. Place the other bread slices overtop. Brush reduced-fat mayonnaise over the outside of the bread slices.

4. Grill sandwiches for about 5 minutes or just until the bread has browned and the cheese has completely melted.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

FLASH FOOD

From your fridge to your table in 30 minutes or less

Ingredients

- 1 cup corn, drained and rinsed
- 1/2 cup diced avocado
- 1 tsp minced jalapeno
- 3 tbsp diced red onion
- Pinch of salt and pepper
- 1 1/2 tbsp lemon juice
- 1 1/2 tsp olive oil
- 8 slices crusty bread (1/2 inch/1
- cm thick)

6 oz lobster meat, chopped (if frozen and defrosted, squeeze out excess moisture)

- 1 cup grated Havarti cheese
- 2 tbsp reduced-fat mayonnaise

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PRIZE DRAW AND DRINK SPECIALS

For the sake of your new roomie get acquainted with a broomie

A messy dorm room survival guide. Do you really want to go down in campus history as the guy who used a pizza box as a pillow?

LAKSHMI GANDHI
Metro World News

If you were to ask the average person to close his or her eyes and picture a stereotypical college dorm room, the words "neat and organized" probably aren't the first things that come to mind. But given that many incoming college students are going to be living with roommates for the next four years, a conversation about cleaning is in order.

"The first thing you have to accept is that you can't control other people's behaviour," says Jolie Kerr, the author of My Boyfriend Barfed in My Handbag — And Other Things You Can't Ask Martha. She shares these tips on how to share a living space.

Be the person you want to live with

"Set an example," says Kerr, noting that picking up after yourself should be part of your daily routine. "You come from a better position if you're walking the walk." It's also important to remember that not everyone has the same definition of the words "clean" or "messy." Some people simply don't mind having a pile of clothes on the floor.

Focus on the mess

"Try not to make it personal," says Kerr. "If you have a roommate who leaves food around, it's important to say, 'That bowl of half-eaten cereal is gross' — not 'You are gross.'"

Make your bed every day

"Dorm rooms are so small, so it's especially important to make the bed," Kerr notes. A good way to get into a bed-making routine is to do it at the same time every day. "It could be right after you get up or right after you shower," she suggests.

Set aside a few minutes a day to get organized

With schoolwork, exams and part-time jobs thrown into the mix, making time to clean can be difficult. "Just take 15 minutes to pick up after yourself," says Kerr. "Before I sat down to study, I needed to tidy my space."

Know when to go up the chain

It's important to talk to your roommate directly before involving your resident adviser or formally requesting a room change. Kerr says that if things continue even after mentioning it twice, it's time to take sterner action. "If your roommate is doing things like leaving food around or leaving used condoms on the floor, go to the RA and say, 'I've spoken to Joe or Jane and nothing has changed.' Having used condoms in the room is unacceptable."

It may be time to take your new friend aside and talk to him or her about their unfortunate habits. ISTOCK

Post-secondary 101

The dos of sharing a dorm room

Freshman year is full of major adjustments for most students, and one of the biggest ones of all is having to share a dorm room with a virtual stranger for the entirety of the school year.

While it may seem like everyone becomes best friends with their roommates, the reality is much more complicated than that.

We reached out to Priya Krishna, a recent Dartmouth College grad and the author of the book Ultimate Dining Hall Hacks: Create Extraordinary Dishes from the Ordinary Ingredients in Your College Meal Plan.

She encourages all roommates to do the following:

1. Invest in earplugs — you never know if your roommate snores until they snore.

2. Outline clear rules as they pertain to sharing food/clothes.

3. Establish a schedule for lights out and turning off music at night.

4. Don't be messy — unless you both want to be, in which case, good luck.

5. Let your roommate know when you want to have people over, and make sure it's OK with them.

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Forget nature

Study says belief can nurture genius

Researchers from Michigan State University say being told that achievement comes from hard work rather than genetics provokes instant changes in brain patterns and could inspire greater effort on the part of those who wish for success.

"Giving people messages that encourage learning and motivation may promote more efficient performance," says Hans Schroder, a third-year doctoral student in clinical psychology whose work is funded by the National Science Foundation. "In contrast, telling people that intelligence is genetically fixed may inadvertently hamper learning."

Past studies have pointed to the importance of positive reinforcement, although Schroder's may be the first to provide physiological evidence that believing one is not limited by genetics could increase confidence, effort and perhaps even success.

AFP

I've been weeping at the watercooler

Dear Metro,

I have an embarrassing tendency of crying at work. I can't help it! It's not even that I'm sad, I just lose control of my tear ducts at the first sign of stress. I'm worried my colleagues think I'm oversensitive, or that I'm gaining a reputation as a crybaby. Any advice on how to get my blubbering under control?

- Wah Wah Wah

OFFICE SPACE
Eleni Deacon
life@metronews.ca

Work pals aren't always going to be able spare a second to soothe you. It's important to find ways to wash out your woes without creating puddles on your co-workers' keyboards. ISTOCK

Dear WWW,

Workplace tears are tricky. While crying is a normal response to difficult situations, public breakdowns, particularly in a professional setting, are rarely not embarrassing.

And if they're happening on a regular basis, you may be trapped in a vicious cry-cycle: stress makes you cry, crying makes you stressed, and stressing over crying makes you cry even more. But there are ways to snap the loop.

What kind of tears are we talking about? Silent drippers can potentially fall unnoticed with the help of some interventions: Take deep breaths and keep a water bottle on hand in high-pressure meetings — a sip will help wash away that lump in your throat. And remember: you might feel like you're teetering on the brink of a full-puddle meltdown, but if it's just a few quiet drops, your coworkers probably won't notice.

For outbursts of the more histrionic variety, consider addressing the issue directly. This could mean finding a quiet spot (an empty bathroom, a park down the road) and letting yourself weep out the tension.

Or it could mean explaining to your colleagues and superiors, in a moment when your ducts are plugged, that your outward displays of emotion don't necessarily reflect your level of inward turmoil.

In any case, it's key to question the root cause of your faulty plumbing. If small worries are prompting big reactions, there's likely an underlying source of anxiety — be it personal or professional. Tackling your deeper triggers won't be easy, but it could help your day-to-day run dryer.

Finally, don't be too hard on yourself — you're certainly not a pioneer when it comes to office waterworks.

In fact, there may be benefits to your on-the-job sobs: within reason, shows of feeling could bring you closer to your colleagues. We all want our work-selves to be our most polished selves — but emotion should not be dismissed as a sign of weakness.

It's more just a sign that you're human.

ELENI DEACON IS A TORONTO-BASED WRITER WHO HAS SEEN IT ALL AS AN EAGER EMPLOYEE OF BIG OFFICES, SMALL OFFICES, HOME OFFICES AND ONE ITALIAN RESTAURANT.

Dilemma at your desk?

Are you having a problem at work that could use some candid counsel? Write to life@metronews.ca and your question might be published and answered in our new column, Office Space.

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Lessons from the desert

A true purpose can produce an unexpected passion

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson learned from my experience running deserts.

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

A floundering work ethic can be set straight if you feel that your contribution counts. ISTOCK

My biggest 'aha' moment in a recent team-based bike race, used as cross-training for Antarctica 2014, was finding out that even when we believe we have given our best, there is a whole new level we can give if we have a purpose to give it to.

In this event, as the race progressed, various timed sections of the race demanded different strategies, and each member of our team of eight would be called to push beyond their perceived limits for the purpose of helping the team at a point in time.

As a rule, I expended myself as if there were no tomorrow. But a pattern became obvious: When I was called on to contribute, after reaching the top of a climb, I couldn't believe the effort and heart rate numbers displayed on my cyclo-computer. When I knew I was not needed, despite giving my perceived best anyway, my computer posted numbers 15 per cent lower.

Most of us want to believe that we give our best when we are focused on a task. However our best can be even better if we operate with the belief that it truly matters, that it impacts a bigger purpose such as our team, our organization or our relationships. As such, never underestimate what you or a team member can give; simply let them know their contribution matters, regardless of size, and watch them amaze you and themselves in the process.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER.

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Leos preach resilience with Lulay injured

CFL. Franchise QB to undergo MRI for injured shoulder on Tuesday

CAM TUCKER
cam.tucker@metronews.ca

The B.C. Lions have played — and won — without Travis Lulay before. It looks like they'll have to do it again, if they are to make the playoffs.

With the Grey Cup back in Vancouver this year and the Leos sitting at the bottom of the West Division standings despite a 6-4 record, there is no denying the local CFL club's hopes for a second-half run at the post-season were delivered a major blow on Friday.

Lulay injured his right shoulder, the same one he had operated on last November, with a minute remaining in the fourth quarter against the Ottawa Redblacks. He'll undergo an MRI on Tuesday.

However, head coach Mike Benevides made it clear he's planning as though Lulay won't be available for this Saturday's game against the Winnipeg Blue Bombers.

So, as it was through training camp and the first nine weeks of the season, Kevin Glenn would be thrust back into the starting role.

He was acquired at the draft from Ottawa as an insurance policy while Lulay recovered from surgery.

Lions quarterback Travis Lulay began the season as a spectator because he was overcoming an injury. He may be relegated to the same role after getting hurt in Friday's game. DARRYL DYCK/THE CANADIAN PRESS

Glenn quickly turned to the caretaker starting quarterback, with Lulay, the face of the franchise since the departure of Geroy Simon, on the lengthy comeback trail.

With Lulay hurt again, and no official word on how long he'll be out for, it very well could be Glenn, with 14 years experience in the league, leading the offence from here on out this season.

It's been a classic case of hit or miss with Glenn under centre for B.C.

Those six interceptions in two games to begin the year were enough to raise plenty of questions about trading away a first-round pick to get Glenn.

He's also turned in some solid performances, throwing for more than 400 yards in a game against Hamilton in early August.

"We're going to have find a way to get it done without Travis," said Benevides on Saturday at the club's practice facility in Surrey.

"We have to make sure we're resilient moving forward without him, just like we were before (Friday's) game."

Missing in action

2

Travis Lulay has played in just two games this season, completing 18 of 27 pass attempts.

That makes No. 18

Serena Williams celebrates with the championship trophy after defeating Caroline Wozniacki in the women's singles final of the U.S. Open on Sunday in New York. Williams won 6-3, 6-3. It was Williams' 18th major title overall, equalling Chris Evert and Martina Navratilova for the fourth-most in history. Scan the image with the Metro News app for more from the women's final and the U.S. Open over the weekend. MATTHEW STOCKMAN/GETTY IMAGES

metro AR

PGA. Horschel overcomes previous week's letdown for Cherry Hills triumph

The bad swing a week ago is a distant memory. The blown lead Sunday? That wasn't enough to derail Billy Horschel, either.

Horschel let a three-shot lead drop to nothing early in the final round of the BMW Championship before rebounding for a two-stroke victory over Bubba Watson. Horschel shot a 1-under 69 and finished at 14-under 266 to put himself in prime position for the FedEx Cup title and its $10-million bonus at the Tour Championship next week.

"If I were a betting man, I'd put some money on me," said Horschel, who made $1.44 million for his second career PGA Tour victory.

Billy Horschel
GETTY IMAGES

Horschel heads into the final week of the playoff chase in second place in the points standings thanks to the victory and his tie for second a week ago, when he chunked a 6-iron well short on the final hole at TPC Boston, squandering a chance to win or force extra holes with playoff leader Chris Kirk. THE ASSOCIATED PRESS

Baseball

Canadians lose Northwest League title to Hops

The Vancouver Canadians fell just two wins short in their bid for a fourth consecutive Northwest League championship.

After an overnight bus trip from Vancouver to Oregon, the Canadians lost to the Hillsboro Hops 4-3 in Game 2 of the final series on Sunday.

The Hops completed the sweep in the best-of-three series.

It didn't take long for the Canadians to fall behind on the road. The Hops scored three times in the first inning, and added another run in the second to take a 4-0 lead over the Toronto Blue Jays' short-season Single-A affiliate.

Despite getting down early, the Canadians chipped away at the deficit but couldn't complete the comeback.

They had the bases loaded with nobody out in the sixth inning, but managed only one run to make it a 4-3 game. That's as close as they got.

Sunday's loss closed another successful campaign for the Canadians, who tied the franchise record for wins in a single season with 46.

"With the three-peat going on, people kind of lose sight sometimes of the accomplishments we've had so far this season," said Canadians manager John Schneider on Saturday.

"Obviously you want to end the season great. When you put this much time and work in, you want to leave it on a high note." CAM TUCKER/METRO

Web.com Tour Finals

Hadwin wins Chiquita Classic

Adam Hadwin won the Chiquita Classic on Sunday to jump from fourth to second on the Web.com Tour money list after the second of four events in the Web.com Tour Finals.

The 26-year-old Canadian closed with a 4-under 68 for a two-stroke victory over John Peterson. Hadwin finished at 18-under 270 at River Run.

"I was nervous the whole day," Hadwin said. "I just trusted my golf swing, trusted the shots that I saw and stayed aggressive." THE ASSOCIATED PRESS

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
No one person is to blame for the predicament you are in, it's just one of those things. Don't look for people to criticize. Besides, the problem can easily be solved. Think logically.

♉ Taurus
April 21 - May 21
According to the planets, for the next 24 hours, you will be in tune with the spirit of the age. Don't be surprised if strangers approach you and treat you as if you are someone special.

♊ Gemini
May 22 - June 21
You have friends in high places and you must make better use of them. There is no reason you should miss out on good things because you think it is wrong to give yourself an advantage.

♋ Cancer
June 22 - July 23
A problem that has been annoying you for weeks, maybe even months, can easily be resolved, provided you are willing to listen to advice.

♌ Leo
July 24 - Aug. 23
You may be shocked by what you see or hear over the next 24 hours but you're advised to mind your business. Yes, it seems wrong, but there are other ways of looking at it.

♍ Virgo
Aug. 24 - Sept. 23
The more you give of yourself, the more you will get in return. It can be done — and must be done if you hope to prosper.

♎ Libra
Sept. 24 - Oct. 23
Don't listen to people who say you should do something one way when instinct tells you that it should be done another way. Trust your inner voice.

♏ Scorpio
Oct. 24 - Nov. 22
A secret admirer will be secret no longer. If your feelings are as strong as their feelings for you this will be a marvelous week. If not, find a way to put them off without being brutal.

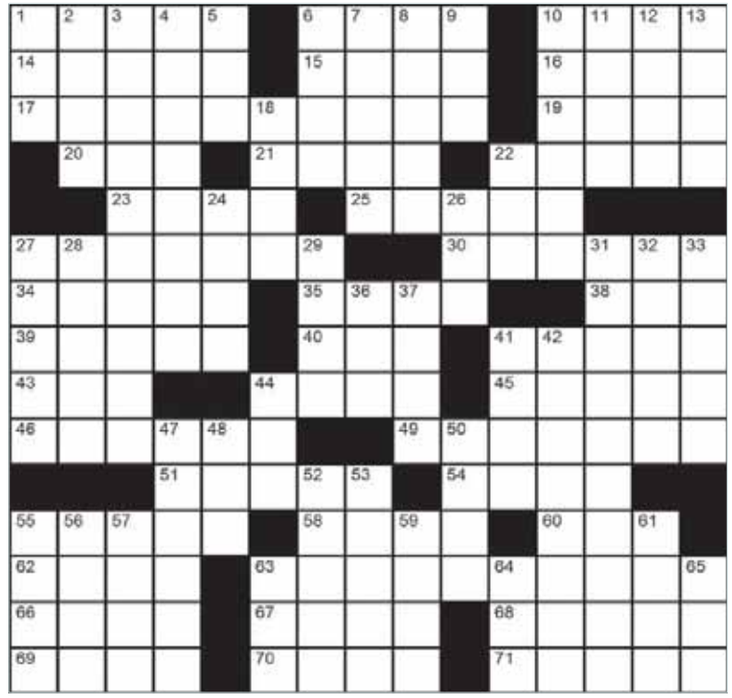
♐ Sagittarius
Nov. 23 - Dec. 21
Your working routine will be disrupted during the early part of the week but you won't be too worried. There is so much going on in your life that you could probably do with a rest.

♑ Capricorn
Dec. 22 - Jan. 20
Try not to be so intense over the next 24 hours. You should know by now you get just as much done with a smile on your face as with a scowl.

♒ Aquarius
Jan. 21 - Feb. 19
It seems you've overestimated the return you'll get from an investment and, of course, you are disappointed. But it's not the end of the world and it may work in your favour.

♓ Pisces
Feb. 20 - March 20
You won't have to go looking for action today — it will find you. You may wonder what you have done to suddenly be the focus of so much attention.

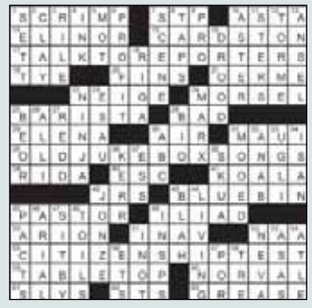
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Entire extent
6. Couch
10. Criticize
14. Bungling
15. Caesar's 902
16. Ms. Tequila
17. Jedi's weapon
19. "__ Louise!"
20. Actor, Hakeem __-Kazim
21. Under-Shift key
22. Cheesy critter
23. Filmdom's Rooney
25. Jasper National Park: Mount __ Cavell
27. "Peace Train" by Cat __
30. Toronto punk band, __ Bats
34. Actress Erin
35. Foot part
38. Seafarer's 'sure'
39. Slant
40. "Go!!!"
41. Like shoe bottoms
43. Alkali
44. Mariah Carey's nickname
45. Kim K. sister
46. Ali of "Legends"
49. Jenny McCarthy and Melissa McCarthy
51. Canadian chanteuse, Julie __
54. Young deer
55. Belonging to Beyonce's hubby
58. "The Wire" band
60. Conductor, __-Pekka Salonen
62. International oil gr.
63. Purchaser of Tim Hortons, as in recent business headlines: 2 wds.
66. Regarding: 2 wds.
67. ___ extra cost
68. Kellie Martin's role on early-'90s series "Life Goes On"
69. The Spinners' "Could It __ Falling in Love": 2 wds.
70. "Yoo-hoo..."
71. Tattooed

Down
1. Sudbury-born country singer Mr. Grand
2. Name for Canada's series of satellites
3. __-__ (The deal at #63-Across)
4. Lasting close to a decade starting in 1755, Acadians being deported from the Maritimes, The Great __
5. Between R-and-Y keyboard letter x 3
6. Flee
7. Dark-to-lighter highlights
8. Tim Hortons __ (New Hamilton stadium)
9. Televise
10. Fort __. __ (Northeastern BC city)
11. Stead
12. Pub orders
13. Labyrinth
18. Skim
22. Kingston Trio hit
24. Ms. Russo
26. German 'I'
27. Wee
28. Skating's Ms. Harding
29. Draped dress
31. Say you won't be at work: 3 wds.
32. Keep your __ __ the prize
33. Advises, archaically
36. Bash
37. Stylish
41. Gull-like bird
42. Southwestern Ontario village famous for its sprint car racing Speedway
44. "__. Miniver" (1942)
47. _ _ _.__ (Showbiz/gossip news website)
48. Lou Grant portrayer ...his initials-sharers
50. Britney Spears' "Piece __": 2 wds.
52. Closes
53. Nets
55. Absalom's killer
56. Church part
57. Abominable snowman
59. Jazz classic: "_ __ Rhythm"
61. 'Assist' suffix (Help)
63. Bread roll type
64. MLB statistic
65. Meander

Friday's Crossword

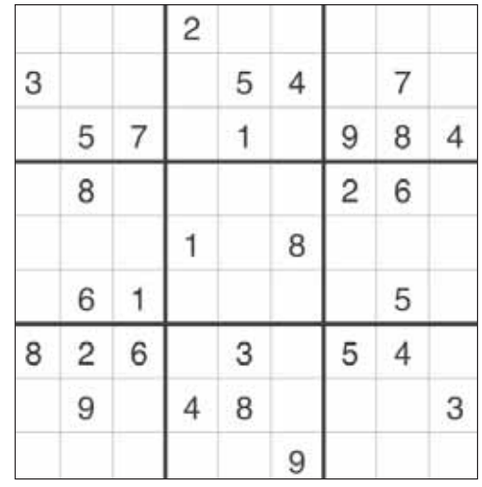


Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Friday's Sudoku

8	5	7	1	4	6	2	3	9
4	3	9	7	2	8	5	1	6
6	2	1	3	5	9	4	8	7
1	4	6	9	3	2	8	7	5
3	8	2	5	6	7	1	9	4
7	9	5	4	8	1	6	2	3
5	1	3	8	9	4	7	6	2
2	7	4	6	1	3	9	5	8
9	6	8	2	7	5	3	4	1

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